



FOR IMMEDIATE RELEASE

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Saginaw County Mental Health Consumers Open Friends for Recovery Center

SAGINAW, MI – Beginning February 11, 2014, Saginaw County Community Mental Health Authority (SCCMHA) consumers, both past and present, will have a new community resource for their overall health and wellbeing needs. The Friends for Recovery Center, located at 2720 West Genesee Street in the Bayside Plaza, will officially open its doors and is designed to serve adults in Saginaw County who have been diagnosed with Severe Mental Illness.

“What’s nice about the Friends for Recovery Center is that it is 100% consumer-run, from the day-to-day employees to the volunteer Board of Directors,” said Miley Stuller, Director. “The core of our mission is to encourage each other to focus on wellness and recovery instead of on the diagnosis.”

The drop-in center, currently finishing final arrangements for opening, will feature a variety of options for consumers to network with each other and the community, learn new skills, and work on their overall health. “The center will have fitness equipment available, a small computer and library area, a lounge area for relaxing and playing games, and health and wellness programs on a variety of different topics,” explained Stuller. “And the courtyard outside is amazing! This is going to be an incredible place for adults with mental health challenges to come and relax and focus on life outside of their diagnosis.”

Initial funding for the Friends for Recovery Center was provided by the Michigan Department of Community Health (MDCH) through a Community Mental Health Services block grant which builds upon priorities for the State of Michigan set forth by Governor Rick Snyder and MDCH Director James Haveman, indicating the importance of a coordinated and integrated healthcare structure.

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FRIENDS FOR RECOVERY CENTER

The goal of the block grant is to help Michigan's Prepaid Inpatient Health Plans (PIHPs) and Community Mental Health Service Programs (CMHSPs) develop a comprehensive and coordinated person-centered system of care that allows for healthcare professionals to consider all health conditions at the same time, resulting in the systematic coordination of physical and behavioral healthcare. Additionally, consumer-run drop-in centers were able to apply for funding under this block grant to help members increase health literacy and learn how to improve their physical and behavioral health. Ongoing drop-in services are considered Medicaid billable services in Michigan.

"This grant opportunity has allowed us to develop a drop-in center that will meet the specific needs of consumers in our community," said Stuller, who is no stranger to behavioral health work or the Saginaw community. Previously employed with Training and Treatment Innovations of Saginaw as a Peer Support Specialist in the Transitions Program, Stuller was born and raised in Saginaw County and attended Saginaw Valley State University for her degree. "I'm honored and excited to continue serving the people in my community as the director of the Friends for Recovery Center," she said. "To be able to provide hope and encouragement and let them know that they are not alone; it's an amazing and fulfilling opportunity."

Among the services that will be available through the Friends for Recovery Center, limited transportation for consumers who need assistance will be provided. Additionally, classes and programs focusing on the eight dimensions of wellness (emotional, environmental, spiritual, intellectual, physical, occupational, financial, and social) are open to community businesses and organizations that would like to host a session for consumers at the drop-in center. Other opportunities to become involved in the operations of the drop-in center are also available, but current emphasis is focused on ensuring that all eligible persons who wish to attend may benefit from this program, have the opportunity to visit and enroll for service. For more information on how to become involved in hosting a class, available positions and applications, or if you would like to learn more about how consumers can become involved in the Friends for Recovery Center, contact Miley Stuller at 989-401-7588 or mstuller@ttiinc.org.

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Saginaw County Community Mental Health Authority is headquartered at 500 Hancock Street in Saginaw. SCCMHA provides numerous services including evaluations, screenings, treatments and referrals. SCCMHA assists approximately 5,000 Saginaw County citizens each year.